

“Healthy Weight Blueprint” Settings, Objectives, and Strategies Implementation Grid

Last Updated 02/27/2008 / Print on 11x17 paper

Mark <u>each strategy</u> with one of the following codes: F = Facilitate P = Participate N = Not Applicable/Interested	Am Cancer Society of UT	Am Diabetes Assoc of UT	Am Heart Assoc of UT	Davis County Board of Health	Intermountain Health Care	KUTV Channel 2	Larry Miller Group of Companies	Physical Activity Workgroup (State-Wide)	Salt Lake County Medical Alliance Association	Salt Lake Fitness Team	State Nutrition Action Plan (SNAP)	State Office of Education	U of U Pediatric Dept	UT Action for Healthy Kids	UT Breastfeeding Coalition	UT Council for Worksite Health Promotion	UT DOH Diabetes Prevention Program	UT DOH Heart Disease & Stroke / Gold Medal Schools	UT DOH Women, Infants, and Children Program	UT Dietetic Assoc	UT League of Cities & Towns	UT Local Health Departments - UALHO	UT Local Health Departments - ULACHES	Utah Medical Assoc	UT Parent Teacher Assoc	Utah Restaurant Assoc	Utah State University Extension	Utah Valley Convention and Visitors Bureau
FAMILY Objective 1: Ensure that families have the skills, knowledge, and resources to offer healthy food choices and encourage physical activity within the family structure.																												
Strategy 1: Conduct a family-based community needs assessment and identify available resources for physical activity and healthy eating.								F/P		P	P						N		P				P	P	P		P	P
Strategy 2: Develop health communication messages for families that are simple, consistent, and action-based to encourage healthy eating and physical activity.					P						P						N		P				P	P	P		F	F
Strategy 3: Develop health communications messages that encourage families to regulate the number of hours of television and video games played each day.					P					P	P						N		N				P	P	P		P	P
Strategy 4: Work with public health and other segments of the community to provide education regarding the benefits of breastfeeding.					P						P						N		P			P		N		P	N	
FAMILY Objective 2: Promote partnerships among agencies that work with families to increase opportunities to provide consistent messages.																												
Strategy 1: Develop partnerships among Local Health Departments, the Food Stamp Nutrition Education Program, and the Women, Infants and Children’s Food Program (WIC) that will lead to consistent nutrition education messages and promote healthier food choices with available resources to low income families.											F						N		P			P		N		P	P	
Strategy 2: Develop partnerships with grocery stores and fruit and vegetable producers to develop point of purchase health messages, allow for sampling of healthy foods, and make healthy recipes available.					P					P	P						N		N					N	P	P	F	

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	Strategy 3: Create partnerships in local communities among businesses, churches, recreational facilities, and schools to increase participation in neighborhood walking/cycling groups, and to sponsor recreational activities with no charge for participation.									F/P	P	P						N		N				P	P	P		P
Strategy 4: Assist the Food Stamp Nutrition Education Program, Local Health Departments, and WIC in developing materials and messages that help recent immigrants maintain or adopt healthy eating habits in their new environment.											P						N		P			P		N		F		N
Strategy 5: Work with public health, food programs, women's groups, and other segments of the community to provide education regarding the benefits of preconception healthy weight for women of child bearing ages.											P						N		P			P		N		P		N
FAMILY Objective 3: Engage businesses to assist families with healthier lifestyle options.																												
Strategy 1: Work with health insurers to provide reimbursement for individual and family counseling on healthy lifestyles and community or hospital based prevention programs.					P						N						P		N				P	N		P		P
Strategy 2: Work with the recreation and ski industries to jointly promote inexpensive equipment rental, lessons, and ski opportunities for Utah families.											N						P		N					N		N		N
SCHOOL Objective 1: Increase the number of schools that have policies and an environment that encourage regular physical activity.																												
Strategy 1: Encourage elementary and middle/junior high schools to participate in the Gold Medal Schools Program.					P			P		P		P		P		P	F	N				P	F	P	P		P	
Strategy 2: Improve safety of walking and biking to school and promote walking and/or biking to and from school for children and adolescents.								P		P		N		P		N	F	N				P	P	P	P		P	
Strategy 3: Provide access to intramural sports programs and other physical activity clubs and programs.												P		N		N	P (middle school)	N					P	N		P		
Strategy 4: Encourage elementary schools to have certified physical education (PE) specialists.								P		P		P		F		N	F	N					P	P	P		P	

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	Strategy 5: Develop, adopt, and fund physical education requirements for all grades.											F			F			N		N					P	N	P	N
SCHOOL Objective 2: Increase access to and selection of healthy foods in schools.																												
Strategy 1: Monitor school menus and food preparation techniques to assure that foods offered in addition to the standard lunch meal, such as a la carte items, meet healthful requirements.												N		F			N		N						P		P	
Strategy 2: Create a positive and appealing environment for meals.												N		P			N		N						N		P	
Strategy 3: Link classroom and nutrition education lessons to food service activities.												P		P			N	P	N						N		P	
Strategy 4: Increase participation in school breakfast and lunch programs.												P		P			N		N					P	N		P	
Strategy 5: Provide a forum to educate school boards, school administrators, and PTAs about nutritional standards for competitive foods in schools.										P		N		F			N		N					P	P		P	
Strategy 6: Encourage adoption of nutritional standards for competitive foods and beverages established by Action for Healthy Kids										P		N		F			N		N					P	P		P	
Strategy 7: Encourage the PTAs and parents to provide nutritious foods for all extracurricular activities, such as athletics.										P		N		F			N	P	N					P	P		P	
SCHOOL Objective 3: Increase the number of elementary school teachers that teach the Utah nutrition core curriculum.																												
Strategy 1: Identify barriers to teaching the core curriculum.												P		F			N		N						N		P	
Strategy 2: Work with the State Office of Education to develop plans to address barriers.																	N		N						N		P	
SCHOOL Objective 4: Increase the number of secondary health teachers that teach nutrition application and behavioral skills as opposed to didactic information.																												
Strategy 1: Encourage schools to adopt and use the State Office of Education's life time physical activity curriculum.										P				F			N		N					P	N		P	

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	<p>Strategy 2: Work with the State Office of Education to develop health teacher training that adds specific life skill lessons to the health curriculum.</p>														P			N		N						N		P
<p>SCHOOL Objective 5: Decrease the number of activities and fundraisers focusing on food at events.</p>																												
<p>Strategy 1: Encourage the PTAs, student groups, and clubs to choose activities and fundraisers that do not focus on food.</p>										P				F			N	P	N						F		P	
<p>Strategy 2: Encourage parents and teachers to limit foods used in the classroom for rewards and parties.</p>														F			P	P	N						F		P	
<p>COMMUNITY Objective 1: Increase the number of active community environments (ACEs) in Utah.</p>																												
<p>Strategy 1: Establish an ACEs team composed of city and county planners, city council persons, zoning specialists, parks and recreation departments, bicycling/trail advocacy groups, and others to develop and implement model policies leading to increased opportunity for physical activity in neighborhoods and communities.</p>			P					P		P						P	F	N		F						P	P	
<p>Strategy 2: Utilize partnerships within all segments of the community to develop, implement, and promote programs that encourage regular physical activity.</p>			P		P			P		F						P	P	N		P		P	P				P	
<p>Strategy 3: Incorporate transportation policy and infrastructure changes to promote non-motorized and mass transportation.</p>			N					P								N		N		P							N	
<p>Strategy 4: Develop safe routes and systems, such as walking school buses, for children and seniors that encourage walking and biking in neighborhoods and to schools.</p>			P					P		P						N	P	N		P		P					N	
<p>COMMUNITY Objective 2: Increase availability and access to affordable or free recreation opportunities for physical activity.</p>																												
<p>Strategy 1: Provide adequate financial resources to develop and staff safe and well-designed local and state-level recreational and park sites and facilities.</p>			P					P		P							N		N		P						N	

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	Strategy 2: Increase the number, type, and availability of community-based recreational sports programs, including intramural recreation programs.			P					P		P							N		N		P						N
Strategy 3: Develop model policies to increase access to public facilities for physical activity, such as after school use of school fitness facilities by the community.			P					P		P							N	F	N		F						P	
COMMUNITY Objective 3: Improve the availability of and access to healthy foods in neighborhoods.																												
Strategy 1: Increase the availability of fruits and vegetables through community-based gardening and farmers markets.			P							P							P	F	P		P						F	
Strategy 2: Encourage grocery stores, restaurants, and other organizations to donate fresh fruit and vegetables to local food banks.			P														N		N		P				P	P		
Strategy 3: Support the use of locally grown produce in schools.			P														N		N		P						P	
Strategy 4: Encourage grocers to increase sales of fruits and vegetables through creative pricing and marketing.			P														N		N		P						P	
COMMUNITY Objective 4: Increase the proportion of mothers who breastfeed their infants and toddlers.																												
Strategy 1: Encourage communities to assure breastfeeding friendly community environments, in places of worship, childcare facilities, worksites, schools, and health care facilities.			N											P			N		F		N			P			P	
Strategy 2: Work with public health, community health, and other segments of the community to provide education regarding the benefits of breastfeeding.			N		P									P			N		F		N	P		P			P	
COMMUNITY Objective 5: Increase the number of cities and towns that participate in A Healthier You (AHY) Community Award Program.																												
Strategy 1: Increase participation of mayors and city business managers on the AHY, Community Award Program committee.			N		P			P		P							N	P	N		F	P	F		P	N		
Strategy 2: Recruit a corporate sponsor to support financial and recognition incentives to cities and towns that participate.			N														N	P	N		P					N		

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<p>Strategy 2: Educate employers, mothers, and their families about breastfeeding and how to support breastfeeding mothers at work.</p>	P	N		N									N		F	P	N			F										P	
<p>HEALTH CARE Objective 1: Increase the proportion of healthcare providers who routinely monitor, track and inform patients and/or parents of BMI, weight gain, and/or growth.</p>																															
<p>Strategy 1: Increase knowledge and use of BMI as a screening tool by medical providers in order to identify overweight children and obese or overweight adults.</p>	P		P		F/P								P				P		P	N					P				P		
<p>Strategy 2: Identify barriers to implementation of practice recommendations and policies to support obesity prevention and control.</p>	P		P		P								F				P		P	N					P				P		
<p>Strategy 3: Assess the number of healthcare providers that document BMI in patient's charts and assess the number of healthcare providers who document treatment for children who were determined to be overweight or at risk of overweight.</p>	P		P		P								P				P		N	N					P				N		
<p>Strategy 4: Increase the number of healthcare organizations that include BMI screening and obesity preventive services as part of clinical practice guidelines and quality assessment measures.</p>	F		P		P								P				P		N	N					P				N		
<p>HEALTH CARE Objective 2: Increase insurer and accrediting organization support of clinical measurement and counseling related to BMI.</p>																															
<p>Strategy 1: Work with medical professional organizations, insurers, and accrediting organizations to gain support through reimbursement and/or through acceptance of BMI-based quality improvement initiatives for accreditation purposes.</p>	P		P		P								P				P		N	N					P				P		
<p>Strategy 2: Work with insurers and employers to identify, prioritize, and evaluate insurance coverage by public and private payers for behavioral, nutritional, medical, and surgical treatment of overweight and obesity.</p>	P		P		P								P				F		N	N					P				P		

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<p>HEALTH CARE Objective 3: Increase provider understanding of BMI and awareness of the importance of BMI as a clinical indicator of health.</p>																												
<p>Strategy 1: Increase the use of evidence-based counseling and guidance by health care providers for patients and parents in order to promote healthy weight and prevent overweight and obesity.</p>	P		P		F/P								F				P		P	N				P			P	
<p>Strategy 2: Collaborate with professional, medical, and allied health organizations, and community leaders to develop culturally sensitive methods of discussing weight status and weight-related issues, especially with high-risk population groups.</p>	P		P							P			P				N		P	N		P		P			P	
<p>Strategy 3: Increase the number of health care providers who provide education regarding the benefits of preconception healthy weight for women of childbearing ages.</p>	P		P										N				N		N	N				P			P	
<p>Strategy 4: Collaborate with insurers, and other medical professional organizations, managed care programs, and healthcare systems to provide incentives for maintaining a healthy body weight.</p>	P		P										P				N		N	N				P			P	
<p>HEALTH CARE Objective 4: Increase the proportion of persons who are told by their health care providers about the health risks (hypertension, dyslipidemias, insulin resistance, poor pregnancy outcomes) and diseases (such as diabetes, cardiovascular disease, cancer, arthritis, asthma, disability) associated with overweight and obesity.</p>																												
<p>Strategy 1: Work with the health care industry to increase the proportion of health care providers, health maintenance organizations, and health insurance companies who present and discuss the health risks associated with overweight and obesity in sensitive, culturally appropriate language to their patients.</p>	P		P		P								F				P		N	N				P			N	
<p>HEALTH CARE Objective 5: Increase the proportion of healthcare providers who routinely refer patients to community resources.</p>																												
<p>Strategy 1: Develop an inventory of existing evidence-based community resources related to</p>	P		P		P								P				P		N	P			P	P			P	

